



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 02-14-12)

Visit us at www.fns.usda.gov/fdd

100315 – PEAS, GREEN, LOW-SODIUM, CANNED, #10

Nutrition Information

CATEGORY	<ul style="list-style-type: none">Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. Grade B or better green peas of the sweet or early variety. This is a low-sodium food (140 milligrams of sodium or less per serving).
PACK/YIELD	<ul style="list-style-type: none">6/#10 cans per case. Each can contains about 106 oz green peas and liquid.One #10 can AP yields about 68.0 oz (9$\frac{1}{8}$ cups) heated, drained peas and provides about 36.7 $\frac{1}{4}$-cup servings heated, drained peas OR about 10 $\frac{1}{5}$ cups drained, unheated peas and provides about 42.0 $\frac{1}{4}$-cup servings drained, unheated peas.CN Crediting: $\frac{1}{4}$ cup heated, drained green peas OR $\frac{1}{4}$ cup drained, unheated green peas provides $\frac{1}{4}$ cup vegetable.
STORAGE	<ul style="list-style-type: none">Store unopened canned green peas in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.Store opened can of green peas covered and labeled in a dated nonmetallic container under refrigeration.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/COOKING INSTRUCTIONS	<ul style="list-style-type: none">Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.Use a clean and sanitized can opener.STOCK POT OR STEAM JACKETED KETTLE: Drain off half the liquid in the can. Pour green peas and remaining liquid into a stock pot or steam-jacketed kettle. Heat long enough to bring to serving temperature. Do not

Peas, low sodium, drained solids

	$\frac{1}{4}$ cup (43 g)	$\frac{1}{2}$ cup (85 g)
Calories	30	60
Protein	1.96 g	3.91 g
Carbohydrate	4.97 g	9.94 g
Dietary Fiber	2.1 g	3.5 g
Sugars	1.31 g	2.62 g
Total Fat	0.35 g	0.70 g
Saturated Fat	0.063 g	0.05 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.52 mg	0.81 mg
Calcium	10 mg	20 mg
Sodium	70 mg	140 mg
Magnesium	8 mg	16 mg
Potassium	46 mg	93 mg
Vitamin A	378 IU	757 IU
Vitamin A	19 RAE	38 RAE
Vitamin C	1.8 mg	3.7 mg
Vitamin E	0.17 mg	0.33 mg



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	allow to boil.	
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PREPARATION/ COOKING INSTRUCTIONS (cont'd)	<ul style="list-style-type: none">• STEAMER: Pour green peas and remaining liquid into steamer pans. A 12" x 20" x 2½" pan will hold the contents of two #10 cans. Heat in steamer at 5 lb pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve. PLEASE NOTE: STEAMER IS NOT A STEAMTABLE.• Canned vegetables should be heated only to serving temperature and served soon after heating. Canned green peas will become overcooked when held too long on a hot steamtable or in a holding cabinet. Schedule heating of canned green peas to serve soon after heating.
USES AND TIPS	<ul style="list-style-type: none">• Serve canned green peas in salads, or heated in soups and main dishes. Serve canned green peas with small new potatoes, pearl onions, and/or turnips.• Combine green peas with carrots, dill seed, or with onions and chopped pimento.• Add flavor to canned green peas by using herbs and spices such as basil, mint, marjoram, or oregano.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• NEVER USE foods from cans that are leaking, bulging, or are badly dented.• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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